Am I a Caregiver?
School For Military Veteran Caregivers and Their Families

Tips: Important Strategies

• Educate yourself on the matters that directly affect you and your Veteran care recipient.

• Develop a safety plan and keep important documents easily accessible.

• Take time for yourself and find those activities that give you strength.

• Be aware of your personal warning signs of emotional stress: anger, sadness, crying outbursts, irritability, mood swings, anxiety, emptiness, and inability to concentrate.

• Prioritize some of your own goals to feel more in control of your life and reduce stress.

• Create a support network and connect with others who understand what you are going through.

• Seek counseling from trained professionals for unbiased guidance, an outlet to process your stressors, and resource recommendations.

Takeaways: Things to Remember

• Many caregivers don’t recognize they are caregivers – they see their roles as fulfilling familial duties.

• Caregivers experience significant demands and wear multiple hats, leading to feelings of burnout and affecting energy levels and well-being.

• Self-care is vital to your health and your ability to provide outstanding care to the Veteran care recipient in your life.

• Connecting with trusted individuals can validate your experience and give you valuable insight and opportunities to feel confident and grow in your role.

• Believe in yourself, trust yourself, and be willing to make mistakes on your journey.

Next Recommended PsychArmor Courses:

• Understanding the VA for Caregivers
• ABC’s of Respite: Caregiver Support

Personal Reflection

What are some tasks that I am doing now that might make me a caregiver?

Resources:

American Red Cross Military and Veteran Caregiver Network  https://milvetcaregivernetwork.org/
Operation Family Caregiver  http://www.operationfamilycaregiver.org/about_us/
Caregivers on the Homefront  https://caregivers-homefront.org/
The Independence Fund  http://www.independencefund.org/
Yellow Ribbon Fund  http://www.yellowribbonfund.org/
Caregiver Action Network  https://caregiveraction.org/
VA Caregiver Support  https://www.caregiver.va.gov/
Blue Star Families  https://bluestarfam.org/
Hidden Heroes  https://hiddenheroes.org/